

5 A Day Recipes

Appetizers

Onion Caviar

Serves 6

- 1 cup diced onions
- 1 small can diced pimento
- ½ cup green onion
- ¼ cup fresh jalapeno, chopped (optional)
- 8 ounces black eye peas
- 1 cup bell peppers, diced
- 1 ounce fresh garlic, chopped
- ¼ cup Italian dressing
- salt and pepper to taste

Combine all items. Let marinate overnight for best flavor. Serve as a side dish or as an appetizer with low fat crackers.

This is an official 5 a Day recipe, and provides six people with more than one serving of vegetables each.

Nutritional Analysis

Calories: 198

Fat: 5g

Cholesterol: 0 mg

Fiber: 11 g

Sodium: 87 mg

% Calories from Fat: 25%

Recipe provided by Plantation Produce Co.